

Title: The attitudes of pupils older school age to physical activity as basis for developing a health education on elementary school

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Abstract: This thesis deals with the attitudes of older school age students with a focus on physical activity. The aim of this work is based on the results of theoretical analysis and research to develop a specific training program applicable in health education. The theoretical part deals with lifestyle, physical activity, older school age. The practical part is divided into two parts. In the first parts educational program of selected schools is studied in terms of integrating educational area of Humans and health into school health education curriculum, in the other part results of the research are presented and a proposal of specific health support program is created in which health education is integrated into physical education.

Keywords: lifestyle, healthy lifestyles, physical activity, sport, health education